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'YOU'RE EITHER IN THE BOAT OR YOU'RE NOT'

DAY 1 OF METRO'S LOOK AT IMMIGRATION:
PROPOSED CHANGES WOULD MAKE THE
ROAD TO CITIZENSHIP HARDER **PAGES 10 & 11**



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NEWCOMERS TELL 'THE STORY OF US'

Winnipeg says good riddance to bad weather

'We've turned the corner.' After the coldest winter in 100 years, city finally has some good news in the forecast



SHANE GIBSON
shane.gibson@metronews.ca

After enduring what Environment Canada now confirms was the coldest winter in more than a century, the national weather forecaster says things are about to change in Winnipeg — and for the first time in months, it's a change for the better.

"I would say we've turned the corner," said Environment Canada's Jim Slipec on Sunday, as temperatures hit five degrees above freezing. "It doesn't mean we can't still get slammed ... but at least for the next seven days or so we're pretty good."

Slipec said the bone-chill-

ing northwesterly weather pattern that kept Winnipeg locked in the coldest December-to-March span since 1898-99 has changed course.

"The jet stream is sort of where it should be, so now we're finally allowed to see some of these normal temperatures," he explained, adding a phrase the city hasn't heard for months: "It's looking like we're going slightly above normal this week."

As of Sunday afternoon, Environment Canada predicted highs over 5 C through to next Saturday, with highs expected to hit — wait for it — 12 C on Wednesday.

The normal high for this time of year is 7 C.

Online

To see a photo gallery of what Winnipeggers were up to this past weekend, go to metronews.ca/winnipeg.



David Desjarlais, left, and Ryder Hedley spent Sunday's near-normal spring temperatures shovelling the snow piled up in the skateboard bowl at The Forks. Environment Canada expects above-normal temperatures for the next week in Winnipeg. SHANE GIBSON/METRO



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Pipes honour anniversary of event 700 years ago

Bagpiper Colin Gulting and the Queen's Own Highlanders of Canada plays at Tartan Day at The Forks Sunday. The event is held annually to mark the anniversary of the signing of the Scottish Declaration of Arbroath in 1320. SHANE GIBSON/METRO



Local retail rules may spur food fight

Harvest Moon.

Manitoba farmers can sell some products at market, not on website

A jar of homemade jelly from Manitoba's Harvest Moon collective can be sold at a farmers' market, but selling that same jar on Harvest Moon's website is illegal and could prompt authorities to seize the jelly, issue fines or shut down production.

The same goes for farm-fresh eggs and poultry. Manitoba farmers are allowed to sell their products directly to

Criticism

- Manitoba has been criticized recently for making it difficult for producers to meet a growing demand for locally sourced food. Many were outraged when food inspectors seized meat from Harbourside Farms — pro-

ducers who won an award from Manitoba's Agriculture Ministry for their prosciutto.

- Harvest Moon has written a letter to Agriculture Minister Ron Kostyshyn in hopes of resolving the issue.

consumers at markets and at the farm gate, but selling them through a website is a grey area.

"It seems like a lot of this stuff is fairly irrational," said Troy Stozek, one of the farm-

ers who belong to Harvest Moon.

"We really should be finding ways to look for opportunities and encouragement for startup farmers or long-established farmers that are

trying to diversify their incomes and respond to supply and demand."

Manitoba says selling products over the Internet falls under the category of retail sales and isn't considered an extension of the farm gate.

It says its interpretation of the rules is in line with other provinces. Agriculture Minister Ron Kostyshyn said he's open to looking at the regulations.

The province doesn't want to make it harder for people to support local farmers, but it has to ensure food that is sold is safe, he added.

THE CANADIAN PRESS

RANDOM ACTS OF KINDNESS DAY



WHAT'S GOOD

Ace Burpee
winnipeg@metronews.ca

We do this thing on the radio called "The Wishlist." People are encouraged to send in a wish for anything they like, and we will do our best to grant it. It's super-fun.

People wish for trips, tickets, experiences, electronics ...

The interesting part about the contest, however, is the unusually high number of wishes we receive in which the person sending the request is asking for nothing in return personally. It's very often for others, which brings us to today.

Recently, Kristen wished for a day of Random Acts of Kindness in memory of her late stepmother, Bonnie, who she described as "the greatest woman ever." Always smiling and kind, Bonnie made a request that attendees at her funeral go out and execute random acts of kindness.

Kristen wished nothing for herself, just for others to benefit from the legacy of kindness and caring left behind by Bonnie. I love it. So on my end, it's all systems go today. We have declared today Bonnie's Random Acts of Kindness Day. This is what she wanted, this is what she will receive.

If you feel so inclined, just know it's never a bad day to do something nice, so think about making that day today. For Kristen and for Bonnie. Goodness wins.

Ace Burpee is a local writer, radio show host, producer and supporter of all things good.

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REMINDER

#6

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Poor garbage collection becoming normal: Resident

How bad is it? Coun. Ross Eadie agrees, says dip in 311 calls due to people giving up



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A resident in North Winnipeg said this winter's garbage and recycling collection problems on his street have been so frequent, he's starting to get used to poor service.

Scott Ballentyne, who lives on Aberdeen Avenue in the North End, said the garbage and recycling on his street wasn't collected on Friday, March 28.

He and his wife contacted 311 and on Thursday, crews came to get it — except they skipped everyone else on the block.

"It's a level (of frustration) that you become accustomed

Quoted

"You become accustomed to the fact that they're going to do things half-assed."

Scott Ballentyne, Aberdeen Avenue resident, on poor garbage collection

to the fact that they're going to do things half-assed," he said, adding that he has footage from his surveillance camera that shows only his garbage was picked up.

Ballentyne said the collection hasn't been picked up at least four times this winter.

Ballentyne followed up his 311 report with an email that he forwarded to media on Friday.

A city spokesperson said in an email that 311 received two calls on Monday and two calls on Wednesday of last week to report that the collection was missed; however, they were not aware that an entire block was overlooked.

"Because some properties do not remove their carts from

the lane after collection day, in the absence of reports to 311, it is sometimes difficult to determine if collection was missed for more than one property," wrote the spokesperson, adding that it is an "infrequent occurrence" to miss a full block.

Coun. Ross Eadie (Mynarski ward) said he's concerned that some of his ward residents are so upset with the service that they've simply stopped calling 311.

"The numbers of call-ins have gone down. People are frustrated, right? So I can't even tell you how bad it is because people just don't phone anymore," said Eadie, adding that some areas in his ward are getting good service, but others aren't.



Garbage and recycling collection in back lanes has been hit-and-miss for several weeks, say residents. ELISHA DACEY/METRO

20th anniversary

Winnipeg remembers Rwandan genocide

Monday marks 20 years since the start of the Rwandan genocide, and events are planned in Winnipeg to remember the grim anniversary.

Régine Uwibereyeho King, who survived the state-spon-

sored genocide and is now a social work professor at the University of Manitoba, will tell her story at 12:15 p.m. Monday at the Anhang Room of the Millennium Library.

At 5:30 p.m., King and two U of M Rwandan students will share their stories, followed by a panel discussion and a candlelight vigil in room 217 at the University Centre Monday.

METRO

Transit petition nears 2,000 signatures

A city councillor's petition calling for transit cash to be put towards roads has garnered more than 1,900 signatures just after its first week.

When he launched the petition, Coun. Scott Fielding said that it gives Winnipeggers the chance to voice their concerns about the second phase of rapid transit, which would link

downtown to the University of Manitoba.

"The support and number of signatures in the first week has been unbelievable," Fielding said in a press release on Friday.

"People are clearly telling city hall that we need to focus on the basics and invest in existing and needed road works first before another mega-project."

Fielding said he's been contacted by phone and email from citizens on both sides of the debate, "but overwhelming support for the roads is demonstrated by the petition drive numbers in just one week."

The petition, which can be found at his website, scottfielding.ca, had almost 2,000 signatures as of Sunday.

Fielding has repeatedly said he remains skeptical of the \$600-million figure cited for the mega-project, which includes the second phase of rapid transit, the Pembina underpass at Jubilee and the Calrossie drainage improvements.

The city's share for the rapid transit project would be \$225 million.

BERNICE PONTANILLA/METRO



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HUDSON'S BAY

Search teams race against time to verify ocean signals

Flight 370. Brief sounds detected in Indian Ocean could be 'pings' from missing jet's black boxes

Searchers hunting for the missing Malaysia Airlines jet raced toward a patch of the southern Indian Ocean on Sunday to determine whether a few brief sounds picked up by underwater equipment came from the plane's black boxes, whose battery-powered pingers are on the verge of dying out.

Ships scouring a remote stretch of water for the plane that vanished nearly a month ago detected three separate sounds over three days. A Chinese ship picked up an electronic pulsing signal on Friday and again on Saturday, and an Australian ship carrying sophisticated deep-sea acoustic equipment detected a signal in a different area on Sunday, the head of the multinational search said.



A U.S. navy P-8 Poseidon plane takes off from Perth airport in Australia on Sunday to rejoin the search operation for the missing Malaysia Airlines Flight MH370. ROB GRIFFITH/THE ASSOCIATED PRESS

The two black boxes contain flight data and cockpit voice recordings that could solve one of the most baffling mysteries in modern aviation: who or what caused Flight 370 to veer radically off course and vanish March 8 while travelling from Kuala Lumpur, Malaysia, to Beijing with 239 people on board.

But there were questions about whether any of

the sounds were the breakthrough that searchers are desperately seeking or just another dead end in a hunt seemingly full of them, with experts expressing doubt that the equipment aboard the ship was capable of picking up signals from the black boxes.

Speaking to reporters in Perth, retired Australian air chief marshal Angus Hous-

ton, who is co-ordinating the search, warned that the sounds were "fleeting, fleeting acoustic events," not the more extended transmissions that would be expected.

Searchers are racing against time to find the voice and data recorders. The devices emit "pings" so they can be more easily found, but the batteries last for only about a month. THE ASSOCIATED PRESS

Call for help. U.S. navy rescue sick baby girl from crippled sailboat

U.S. sailors rescued an American family with an ill one-year-old from a sailboat that broke down hundreds of miles off the Mexican coast — boarding them Sunday onto a San Diego-bound U.S. navy ship so the girl could get medical treatment.

The baby girl, Lyra, was in stable condition at 8 a.m. Sunday when sailors helped her, her three-year-old sister, Cora, and her parents, Charlotte and Eric Kaufman, leave their sailboat and brought them aboard the USS Vandegrift.

The Kaufmans were two weeks into a sailing trip around the world when Lyra developed a fever and a rash covering most of her body and wasn't responding to medications. After their 36-foot sailboat lost steering and communication abilities about 900 miles southwest of Cabo San Lucas, Mexico, they sent a satellite call for help to the U.S. Coast Guard on Thursday.

Four California Air Nation-



Eric and Charlotte Kaufman with their daughters, Lyra, 1, and Cora, 3. THE ASSOCIATED PRESS

al Guard members parachuted into the water and reached the boat Thursday night. The crew stabilized the girl and stayed by her side until the navy frigate arrived at about 1 a.m. Sunday.

Sailors waited until daylight to move the family from their inoperable sailboat, Rebel Heart, which authorities were in the process of sinking Sunday because it was taking on water.

THE ASSOCIATED PRESS

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Emmanuel Ndayisaba wielded a machete that took Alice Mukurinda's baby and her right hand. THE ASSOCIATED PRESS

Rwanda's pain is remembered

Genocide. On Monday, Rwanda marks the 20th anniversary of 100 days of mayhem; one million innocent people were killed

Ethnic tensions remain

"Hutus would wake up in the morning and go hunting for Tutsis to kill."

Alice Mukurinda, recalling how Rwanda's Hutu majority killed more than one million Tutsis and moderate Hutus.

She lost her baby daughter and her right hand to a manic killing spree. He wielded the machete that took both.

Yet today, despite coming from opposite sides of an unspeakable shared past, Alice Mukurinda and Emmanuel Ndayisaba are friends. She

is the treasurer and he the vice-president of a group that builds simple brick houses for genocide survivors. They live near each other and shop at the same market.

Their story of ethnic violence, extreme guilt and, to

some degree, reconciliation is the story of Rwanda today, 20 years after its Hutu majority killed more than one million Tutsis and moderate Hutus. The Rwandan government is still accused by human rights groups of holding an iron grip on power, stifling dissent and killing political opponents. But even critics give President Paul Kagame credit for leading the country toward a peace that seemed all but impossible two decades ago.

"Whenever I look at my arm I remember what happened," said Alice, a mother of five with a deep scar on her left temple where Emmanuel sliced her with a machete. As she speaks, Emmanuel — the man who killed her baby — sits close enough that his left hand and her right stump sometimes touch.

On Monday, Rwanda marks the 20th anniversary of the beginning of 100 days of bloody mayhem. But the genocide was really in the making for decades, fuelled by hate speech, discrimination, propaganda and the training of death squads.

Hutus had come to resent Tutsis for their greater wealth and what they saw as oppressive rule.

In the months after the genocide, guilt gnawed away at Emmanuel. He saw his many victims during nightmares. In 1996, he turned himself in and confessed. His prison term lasted from 1997 until 2003. THE ASSOCIATED PRESS

That the world may learn

Silent march through Ottawa

Alain Ntwali's 100-day ordeal of survival began after he watched his parents die. The 10-year-old moved from house to house, two to three times a week, in what would ultimately become a successful attempt to stay



Alain Ntwali
THE CANADIAN PRESS

one step ahead of the marauding, machete-wielding Hutu militiamen ravaging the Rwandan capital of Kigali.

On Monday, the 30-year-old who came to Canada in 2005 will join a procession marching silently from Parliament Hill to Ottawa City Hall in memory of the 20th anniversary of the Rwanda genocide.

Ntwali will carry the memories of his deceased parents and dozens of relatives, who were among the ethnic Tutsis killed in the slaughter. And he will be haunted by the lessons the world has yet to learn from it.

THE CANADIAN PRESS

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News worth sharing.

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06

NEWS

metronews.ca
Monday, April 7, 2014



Renn and her mother, Fran Forsberg, pose for a photograph at their acreage just outside Saskatoon on April 1. Renn's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that. LIAM RICHARDS/THE CANADIAN PRESS

Fight to change birth certificates

Human rights complaints. Transgender children want the ability to change sex on identification documents

Quoted

"Officials should be able to look at me, see my name, my date of birth and see I'm a nice little girl and that's that."

12-year-old Harriet Cunningham of Comox, B.C., who filed a complaint that led to a bill that would allow people, even children, to change the sex on their birth certificates without surgery

Renn Forsberg's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that.

Better yet, they argue, the sex box now marked with an "M" should be removed from the document altogether.

The Saskatchewan family has filed one of several human rights complaints across the country that are prompting some provinces to rethink their rules about changing sex on birth certificates.

Renn's mother, Fran Forsberg, says governments need to keep up with changing times. Birth certificates once listed a baby's race and a father's occupation, she says, and a sex designation is just as archaic.

Forsberg says Renn needed her birth certificate last year to register for kindergarten in Saskatoon and was embarrassed to be listed as a boy. That sparked her family to fight for a new birth certificate, a basic piece of paper needed to apply for most identification

documents.

Forsberg says it's also about fighting for others.

"I've been contacted by so many other parents that are recognizing gender-variant children," she says. "So it's not just about Renn."

In the 1970s, most provinces changed their laws so people could change their birth certificates after sex reassignment surgery. The revision left out transgender children, because people must be at least 18 to be eligible for

the surgery.

At the time, the legal change was "unbelievably progressive," says Karen Busby, a law professor and expert in sexual and reproductive rights at the University of Manitoba. Some 40 years later, she suspects all provinces are preparing for another overhaul.

In 2012, Ontario's human rights tribunal declared it discriminatory to require an actual sex-change operation for a transgender woman who wanted to switch to female from male on her birth certificate. The province quickly revised its legislation to allow a change with a note from a doctor or psychologist testifying to a person's gender identity.

The province set an age limit of 18 and over and said it needed more time to consider the issue. **THE CANADIAN PRESS**

Court takes on oath to Queen

Ontario's top court is set to grapple with whether forcing would-be Canadians to take an oath to the Queen, her heirs and successors is constitutional.

Three longtime permanent residents argue the citizenship requirement is discriminatory and violates their rights to free

speech, a position the government rejects.

In fact, documents filed with the Ontario Court of Appeal, which is scheduled to hear the case on Tuesday, show Ottawa intends to fight any adverse decision.

"Should the result of this court's ruling be to strike down

the oath to the Queen, the (government) requests that the order be stayed pending its application for leave to the Supreme Court," the attorney general of Canada states.

In September, Ontario Superior Court Justice Edward Morgan ruled the oath requirement is constitutional even if it

does violate free-speech rights.

Ottawa is appealing that part of the ruling — it says Morgan was wrong to find any free-speech violation — while the trio of permanent residents is appealing his conclusion that the oath does not violate their religious or equality rights.

THE CANADIAN PRESS

Trial. Pistorius finally gets to tell his side of story

More than a year after he killed his girlfriend, Oscar Pistorius is expected to finally answer questions about why he shot Reeva Steenkamp through a toilet door when his murder trial resumes this week and his defence lawyers begin presenting the evidence they hope will save the Olympic athlete from going to prison for 25 years to life.

Pistorius's account that he killed Steenkamp by mistake is going to "stand or fall" with his testimony in court, says Marius du Toit, a criminal defence lawyer who is observing

the trial. Brian Webber, one of Pistorius's lawyers, said they had no choice but to put Pistorius on the stand. Legal experts say it's a risk Pistorius's defence has to take.

Even if he is acquitted of murder, Pistorius faces a negligent killing conviction that can carry a five-year prison sentence. His testimony must show that he acted reasonably when he shot four times from close range.

"His actions were definitely not reasonable and I think that's his biggest problem."

THE ASSOCIATED PRESS

Vatican

Pope spreads the Gospel, literally

Tens of thousands of faithful in St. Peter's Square have been treated to gifts from Pope Francis — pocket-sized copies of the Gospels that he hopes they'll read daily.

The Pope did ask for something in return: "In exchange ... perform an act



Rev. Konrad Krajewski, the Vatican Almoner, distributes booklets of the Gospel in St. Peter's Square Sunday. THE ASSOCIATED PRESS

of charity." He said such an act might be praying for an enemy. THE ASSOCIATED PRESS

Pro-Russia protesters seize buildings in Ukrainian cities



People clash with police at the regional administration building in Donetsk, Ukraine, on Sunday. ALEXANDER ERMOCHENKO/THE ASSOCIATED PRESS

Demonstrators attack.

Interior Minister Arsen Avakov says no heavy-handed measures would be adopted to deal with the unrest

Crowds of pro-Russian demonstrators stormed government buildings Sunday in several major cities in eastern Ukraine, where secessionist sentiment has sparked frequent protests since Ukraine's Russia-friendly president was ousted in February.

In Donetsk, 80 kilometres west of the Russian border, a large crowd, including many in masks carrying sticks and stones, surged into the provincial government building and smashed windows.

Several hundred waving Russian flags listened to speeches delivered from a balcony that had a banner reading "Donetsk Republic."

Journalist killed

The body of a reporter kidnapped Friday from his home city of Korsun-Shevchenkivskiy was found Sunday in a forest about 150 kilometres outside Kyiv.

- Vasily Sergiyenko, who played an active role in protests that led to president Viktor Yanukovich's ouster, was found with stab wounds and signs of beatings to his head and knees.

In Luhansk, hundreds of people surrounded the local headquarters of the security service and later scaled the facade to plant a Russian flag on the roof. Demonstrators pelted the building with eggs, stones, a smoke grenade and a firebomb.

Similar unrest was reported in Kharkiv, less than an hour's drive from the Russian border. THE ASSOCIATED PRESS

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Students search for Nazi who saved a Jewish family

World War II. Finding Alois is proving difficult as students taking part in an investigations class hunt for clues

Students at a U.S. university are working on a daunting assignment: who was the suspected Nazi who protected a Jewish family 75 years ago from violence and warned them to flee Austria just before the Second World War broke out.

The University of New Haven students, who are part of a special investigations class called Finding Alois, just have a first name and a few other clues but are scouring records from the 1930s.

Ilie Wacs and his sister, Deborah Strobins, recount their



family's ordeal in their book, *An Uncommon Journey*. The man they knew only as Alois warned them to take shelter in their apartment with rela-

tives and they would be safe. The warning came days before Kristallnacht, when the Nazis staged a wave of attacks on Jews in Germany and Austria.

Alois, who worked in their father's tailor shop in Vienna, also helped the family get visa extensions to stay in Austria. He warned them to get out before Aug. 31, 1939, the day before Germany invaded Poland and the Second World War broke out.

"We probably would have wound up in a concentration camp," Wacs said, adding he was reluctant to delve into the matter for fear the man who saved them might have later committed atrocities.

But he has decided he wants to know who he is so he can be honoured with the title of Righteous Gentile.

THE ASSOCIATED PRESS



Barcelona's colourful fiesta

Visitors of the Holi Festival of Colours throw special coloured powders in the air in Barcelona, Spain, on Sunday. The festival is fashioned after the Hindu spring festival Holi, which is mainly celebrated in the north and east of India. MANU FERNANDEZ/THE ASSOCIATED PRESS

California. Annual spring break party turns violent

About 100 people were arrested and at least 44 were taken to hospital during a weekend college party in Southern California's Isla Vista community that devolved into a street brawl, authorities said.

The violence broke out Saturday night during the annual spring break party known as Deltopia, the Santa Barbara County Sheriff's Office said.

The Ventura County Star reported that things escalated after a police officer was hit in the head with a backpack filled with large alcohol bottles.

While the situation had stabilized by Sunday, at least five more officers were injured, including one officer who was hit in the face with a brick and two others who were hit in the hand, sheriff's deputies said. Authorities reported using tear gas and foam projectiles.

THE ASSOCIATED PRESS

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Victims' families want prosecutors to go after GM insiders responsible for the problems. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Families seek justice from GM

Washington. Hearings attempt to discover the truth in GM defective cars scandal

The families of those who died in General Motors cars with defective ignition switches want prosecutors to go after GM insiders responsible for letting the problems fester for more than a decade — and perhaps for covering them up.

"The only way the public is going to be protected from this negligence by companies is if

there will ultimately be prison sentences," said Leo Ruddy of Scranton, Pa., whose 21-year-old daughter Kelly was killed in 2010 when her Chevrolet Cobalt veered inexplicably off the highway and crashed.

Lawmakers confronted GM CEO Mary Barra with what they said was evidence that a company employee intentionally tried to conceal the switch problem. And the head of the nation's auto safety watchdog said GM withheld critical information that connected the failing switch to airbags that didn't deploy in a crash.

GM says upper manage-

ment only became aware of the problem last year. A recall of the small cars, now up to 2.6 million vehicles, began in February.

On Wednesday, Sen. Claire McCaskill, D-Mo., accused one GM employee of a coverup.

But Matt Axelrod, a former federal prosecutor, said proving individual guilt beyond a reasonable doubt is much harder than prosecuting a company based on the collective knowledge of all its employees.

For now, many of the families are simply seeking more information about the fatal crashes. **THE ASSOCIATED PRESS**

Pilot program

Controversial bear hunt returns

Ontario is proceeding with a controversial pilot project letting residents in the province hunt bears this spring.

A spokesman for Natural Resources says the pilot starts May 1 for six weeks in eight wildlife areas.

Andrew Donachie says the pilot is aimed at lowering the number of emergency calls and instances of police being forced to shoot nuisance bears.

Animal rights activists have slammed the bear hunt as unnecessary and barbaric. The spring bear hunt was cancelled in 1999.

THE CANADIAN PRESS

Chile. Nursing home blaze devastates community

A Sunday morning fire tore through a nursing home in the Chilean city of Paillaco, killing nine seniors and their caretaker.

Paillaco Mayor Ramona Reyes told local Radio Cooperativa that a rescue was not possible because all the rooms were under lock. "It's a terrible, regretful situation that has appalled us."

Reyes said the facility had all the permits required, but the building's infrastructure was inadequate.

The nursing home's owner, Silvia Magaly, denied this, saying all the patients were self-sufficient and the rooms were unlocked. "They were wonder-

Tragedy

"It's a terrible, regretful situation that has appalled us."

Paillaco Mayor Ramona Reyes, on the tragic loss of nine lives

ful people, although schizophrenic."

Local media reported that nearby hydrants had failed, forcing them to use water from a swimming pool. Three people, who were rescued by neighbours, suffered minor injuries.

THE ASSOCIATED PRESS.



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How immigrants stay in the country

People come to Canada on a temporary basis through a variety of avenues, including work visas, study visas and visitor visas. To be eligible to stay on a permanent basis, prospective immigrants must meet the requirements of one of four classes or qualify as a provincial nominee.

Canadian Experience Class

- The program is aimed at temporary foreign workers or students who graduated in Canada.
- The work experience must be in certain classes, such as management, professional jobs and technical/skilled trades, as determined by the government.
- Have one year of full-time or part-time work experience in Canada in the three years before applying.



Business Class

- The class is broken into three parts: Investors, entrepreneurs and self-employed.
- People applying as investors and entrepreneurs must meet net worth requirements and must make an investment of a certain amount in the Canadian economy.
- Self-employed applicants must prove they can make a living in areas including art, sports or farming.

Federal Skilled Worker Class

- An offer of employment.
- International student enrolled in a doctorate program who has completed at least two years of study.
- A skilled worker with at least one year of full-time or two years of part-time experience in a pre-selected set of occupations.



Family Class

- Canadian citizens or permanent residents can sponsor people based on their relationship.
- Only certain relationships fit into the category, including spouses, common-law partners, dependent children, parents and grandparents.

Provincial Nominees

- Nearly every province or territory can nominate someone.
- Eligible people have the skills, education and work experience deemed necessary to contribute to the economy of that province or territory.

Canada: Come one,



Proposed federal changes would extend immigrants' wait to participate in citizenship ceremonies like the one shown here. That has some concerned about Canada's future.



Well, maybe. Tough revisions to federal immigration rules could change the lives of would-be citizens



MIKE DONACHIE
Metro in London, Ont.

They come in the hundreds of thousands, and every community in Canada has them: Immigrants.

From across the globe, newcomers pour into Canada each year in search of a new life. In 2012 alone, more than 257,000 people were granted permanent resident status, and many of them aim to be citizens one day.

But this year, things could be changing.

If the federal government secures its planned changes to the Citizenship Act, it's going to become more difficult to become Canadian, and that's got some people worried.

"You're either in the boat or you're not in the boat," said David Cohen of Toronto law firm Campbell Cohen, which operates the website Canadavisas.com.

He's troubled by some of the proposed changes, espe-

cially the need to declare an intention to reside in Canada by anyone applying for citizenship.

"It means two classes of citizens," he said, pointing out that people born in Canada don't need to live here to maintain citizenship.

Cohen said it's undeniable that the new legislation is needed. In recent years the success of an immigration case could have depended on which judge heard it, so there's a need to make the rules more clear, he said.

But there are concerns, he added, like the idea of revoking citizenship from people convicted of serious crimes like terrorism. Cohen said such issues should be heard by the courts to ensure fairness

and transparency.

At the Ontario Council of Agencies Serving Immigrants, executive director Debbie Douglas agreed.

"We do have an effective criminal justice system here in Canada," she said. "Our response to issues of criminality should be through our criminal justice system."

And many of the other changes have her, and other immigrant advocates, worried.

Higher application fees, for example, will cause "hardship," she said, especially for people with large families.

Canada should be making it easier, not tougher, to become citizens, she added.

"Immigrants not only allow the country to keep its economic integrity," she said, "im-

THE STORY OF US: IMMIGRATION IN CANADA,

Day 1
Change and effect

1

Day 2
What Canada wants
vs. what it gets

2

Day 3
Where we come from,
where we go

3

Day 4
Happy times,
hard times

4

come all?



Changes aplenty

Bill C-24 hasn't yet passed, but these are some of the federal plans that could be approved this year:

- The proposal: Permanent residents would face a longer wait before they can apply to be citizens — four years of residency, instead of three.
- There would no longer be a "time credit" for the years spent in Canada before gaining permanent residence. So time here on a student or work visa, for example, wouldn't count toward the time you must wait to become a citizen.
- An application for citizenship would include a declaration of "intent to reside" in Canada, meaning the person plans to stay and not return to their home country.
- Knowledge of English or French would apply to 14- to 64-year-olds, instead of 15- to 54-year-olds.
- The application process would be sped up. The government wants to cut the 320,000-case backlog by 80 per cent.

TORSTAR NEWS SERVICE FILE

migrants also bring a wealth of international experience.

"They enhance who we are as a nation."

But Dan Murray, who's a member of the executive of campaign group Immigration Watch Canada, said the rules should get even tougher.

He accused authorities of doing little to screen for fraud in citizenship and other immigration applications, saying either everyone should be checked or the number of newcomers should be cut to a level the government can check properly.

"Why are we bringing in so many people?" asked Murray, who lives in Vancouver.

There's no economic need for large-scale immigration while Canadians are out of

work, he said.

But one academic differs. Mohammad Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, Ont., said the current population isn't reproducing fast enough.

Put simply, bringing in new citizens through immigration is preventing Canada from shrinking. More stringent rules only discourage people from coming.

"Immigration is not a favour to the immigrants," he said. "Immigration has become a necessity to maintain your population, to help the labour force and also to look after the elderly, bringing the young people who look after them."

WITH FILES FROM DAVE LANGFORD

Immigration has rebooted Canada's brand: Expert

When the Young Canada Singers sang "Ca-na-da, one little, two little, three Canadians" for the country's centennial in 1967, the country looked a lot different than it does today.

In 1967, visible minorities comprised only about two per cent of the country's population of just more than 20 million people. That's about 400,000 minorities from coast-to-coast.

Data from Statistics Canada showed the country was home to nearly 6.8 million foreign-born individuals in 2011.

Quoted

"There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire."

University of Ottawa history Prof. Pierre Anctil on how Canada presented itself to the rest of the world after the 1970s.

Such a radical shift meant the rebooting of Canada's brand — how this country appears to the rest of the world.

University of Ottawa Canadian history Prof. Pierre Anctil said Canada used to be known as part of the British

Empire.

"It used to present itself that way, even after World War II, but it began to change after the '60s and the 1970s," he said. "There appeared a notion that there was something uniquely Canadian or North American

that didn't relate to the British Empire.

"We welcomed from the '80s on great numbers of immigrants from the (developing world), mostly from Asia, India and China, and that changed the composition of the country, especially in large cities. It introduced visible minorities, people who have a very different background.

"It changed the assumption that Canada gave to the outside world. It's a much more multicultural society than 50 years ago."

SCOTT TAYLOR/METRO IN LONDON, ONT.

A brief history lesson in Canadian immigration

1902 The greatest influx of immigrants in Canada's history begins and continues until the beginning of the First World War in 1914.	1913 Nearly 800,000 people immigrate to Canada, most of them with British roots.	1914-18 Immigration slumps during the First World War.	1928 The opening of Pier 21, the Atlantic gateway to Canada.
1950s Canada receives about 1.5 million immigrants from Europe.	1962 New immigration regulations are tabled aiming to eliminate discrimination based on race, religion and national origin.	1979-80 60,000 Vietnamese, Cambodian and Laotian immigrants arrive in Canada.	2002 The Immigration and Refugee Protection Act comes into force.

Faces to know

Over the next four days, you'll meet immigrants who tell The Story of Us. These are just a couple.



Paula Garcia

Age: 23

Home country: Colombia

Her plan: To shape Canada's future as a teacher



Surya Acharya

Age: 23

Home country: Nepal

His dream: To bring his family to Canada, where he's a new permanent resident

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

TOLD IN FIVE PARTS

Day 5

The future and beyond

5

Online

Live the stories of three immigrants in our five-part video series at metronews.ca



Another sale in aisle four. Low, low grocery store prices a good deal, for now

The grocery price wars that have pushed a kilogram of bananas below the price of a chocolate bar may be good news for consumers' wallets, but those who watch the industry see a race to the bottom that may leave shoppers with less selection and dwindling customer service.

The grocery wars got a boost this past year as U.S. giant Target entered the Canadian market, forcing Walmart to up its game in the grocery department, and spurring a new wave of consolidation involving heavyweights such as Loblaw and Sobeys.

Kyle Murray, director of the school of retailing at the University of Alberta, said that while all the competition is likely to lower prices in the short term, "it also forces the companies to do things they may not otherwise do."

"In order to get those lower prices you're going to see an increase in things that improve efficiency, but they may not improve the

Canadian behemoths

- Last year, Sobeys bought Safeway Canada in a \$5.8-billion deal and promptly angered suppliers by demanding retroactive price breaks.
- In March, Loblaw's \$12.4-billion purchase of Shoppers Drug Mart Corp. was approved, leaving the combined company with roughly 2,300 corporate, franchised and associate-owned stores across Canada, and nearly 1,800 pharmacies to introduce their grocery product lines.

quality of the product or even the shopping experience," he said.

That could mean the disappearance of an in-store bakery, or butcher, because it's cheaper to package those products centrally and then ship them to the stores.

THE CANADIAN PRESS

Canadian CEO group

Largest firms say they pay fair share

Canada's largest firms want it known that they are indeed paying their fair share of taxes, even if governments

have slashed corporate rates to new lows.

The Canadian Council of Chief Executives issued survey results suggesting when all taxes are included, the companies paid on average 33.4 per cent of profits in taxes in 2012. THE CANADIAN PRESS

Are pot stocks a token, er, joke?



HOW
TO ROLL
Alison Griffiths
metronews.ca

I couldn't resist this headline. "You'd have to be a dope to buy marijuana stocks." That's American journalist and entrepreneur Cody Willard's take on the cannabis stock express.

Willard, like many market pundits, urges caution as companies pile in to capitalize on the legalization of recreational pot in Colorado and Washington.

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation. Then there are all the ne'er-dowells who chase trends like cannabis to make big bucks from the gullible.

This doesn't mean the marijuana industry won't become a solid investment prospect one day. But currently there are a number of problems with inviting pot into your portfolio.

Trading

Marijuana stocks such as Advanced Cannabis Solutions

Still growing

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation.



Can you make a lot of green from stocks from the green stuff? Maybe, but it's still early days. ED ANDRIESKI/THE ASSOCIATED PRESS FILE

(CANN), Hemp Inc. (HEMP) and GrowLife (PHOT) mostly trade on informal over-the-counter (OTC) exchanges or bulletin boards. This means trading volume can be highly erratic, and while it's usually possible to buy these stocks through most discount and full-service brokers, selling them is a different matter.

When cannabis stocks make it onto formal exchanges such as NASDAQ, the industry will be mature enough to provide the liquidity necessary to make getting out as easy as getting in.

The Security and Exchange Commission, which regulates the U.S. financial industry, has just suspended trading in Advanced Can-

nabis's stock, citing suspicions of insider trading. Last month, the company announced an agreement with unnamed Canadian investors for a startup company to serve the medical-marijuana market here.

Diligence

Over-the-counter exchanges do not require the transparency and accounting diligence of the major, formal exchanges, such as the Toronto Stock Exchange or NASDAQ.

Wait a minute, you say, what about Enron, WorldCom, Bear Stearns and our own darling, Bre-X? Weren't those scandalous companies listed on major stock exchanges? Exactly! So

what chance do regular folk have in evaluating OTC pot stocks?

The law

Chances are, the marijuana laws throughout most of the developed world will one day seem as quaint as Prohibition does in 2014. But right now growth in cannabis sales rests with the recreational user. Despite the reforms in Colorado and Washington, marijuana for fun is illegal at the federal level in the U.S. and virtually everywhere else. That severely limits the cannabis market in the short term.

The bottom line? Your dollars can go up in smoke as quickly as a reefer. Be cautious.

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DECK STACKED FOR CITY INSIDERS

Want to win an election in Winnipeg? Your best bet is to already be sitting inside the city council chamber.

Sure, politicians benefit from regular news coverage and the opportunity to participate in high-profile funding announcements. But one of the biggest advantages city councillors have over everyone else is the ability to promote themselves months in advance of the official campaign period.

The city charter forbids anyone from collecting donations or spending money on a mayoral campaign until they've officially registered as a candidate on May 1.

While the law applies to everyone, it's easy for councillors or the mayor to work their way around it.

They can maintain websites, mail brochures, buy advertising and host media events that are allegedly part of their civic duty, but are really about self-promotion. They can even use paid support staff to help carry on clandestine campaigns.



URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

As one example, Coun. Scott Fielding recently held an event on Waverley Street to announce his plan to redirect Bus Rapid Transit (BRT) funding toward new roads and underpasses. It's clearly a campaign activity, but Fielding claims that standing on a street corner in River Heights is part of his job as councillor for St. James.

Fielding isn't alone. Colleagues like Paula Havixbeck and John Orlikow have used their current positions and resources to hammer potential mayoral opponents, and Mayor Sam Katz recently overhauled his paid office staff as part of a possible re-election bid.

Meanwhile, outsiders can't spend a dime. Gord Steeves was chastised by the city clerk's department for buying balloons when he announced his intent to run for mayor, and Judy Wasylcia-Leis had to hold a volunteer meeting in her own home because renting a hall would break the law.

Things are even worse if you're looking to challenge an incumbent councillor, as candidates can't officially register for those

A head start

Some councillors are already out knocking on doors and handing out literature that was paid for through their taxpayer-funded expense accounts.

aces until June 30.

Some councillors are already out knocking on doors and handing out literature that was paid for through their taxpayer-funded expense accounts. Meanwhile, challengers can't even leave a 10-cent postcard behind as that would be an illegal election expense.

The deck is clearly stacked in favour of the existing council, and that's clearly not fair.

Other Canadian cities have much earlier campaign periods. In Ottawa and Toronto, candidates could register on Jan. 2 for this year's elections. In Calgary and Edmonton, candidates can already register for the 2017 campaign. It's too late to make this year's election more fair, but council should do the right thing and formally request a change to the city charter to ensure a more level playing field for insiders and outsiders in 2018.

ZOOM

Look out, Cristiano Ronaldo



JENS SCHLUETER/GETTY IMAGES

RoboCup kicked off in Germany

Two teams of robots play against each other in the 2014 RoboCup German open tournament over the weekend in Magdeburg, Germany.

The robots, which are models called Nao from Aldebaran Robotics in France, perform autonomously and communicate with one another via Wi-Fi. There were 950 participants from 12



Participants check out robots at the 2014 RoboCup. GETTY IMAGES

countries participating in the three-day tournament and they competed in a variety of disciplines, including soccer, rescue and dance. GETTY

What about World Cup?

- Dystopian future. The aim of the RoboCup is to create a team that will be able to defeat the best human players by 2050.
- Not all fun and games. The technology used will be transferred to more useful applications after the tournament, such as search and rescue.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on pages 10-11 in News, pages 14 in Scene, and page 21 in Sports.

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MetroTube

One Vine account worth watching



ANDREW FIFIELD
metronews.ca

Armed with little more than paper, pen and a killer Morgan Freeman impression, there are few Vine accounts more reliably funny than the bizarre and fearsomely clever MCandFriends. We've compiled a short highlight reel of our favourite MC animations. Or follow @MCandFriends.



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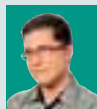
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MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This iPad art book elegantly packages the recordings and transcripts of the CBC series into an eBook collection where fans can take notes, join online discussions, and access free interviews. Among the first six speakers presented are the captivating Lawrence Hill, Margaret Atwood, and Neil Turok. Also among them is Margaret Somerville, a stumble in the otherwise brilliant series.

Television

The Simpsons just keep on going

There will be no more Simpsons movies, insists executive producer Al Jean. But he says the show, which has been on the air for 25 years, isn't getting cancelled any time soon and could conceivably go on for decades. "In show business you always treat every day as your last, but we're guaranteed through 26 (seasons)," he said.

THE ASSOCIATED PRESS

Director reflects on his horror hang-ups

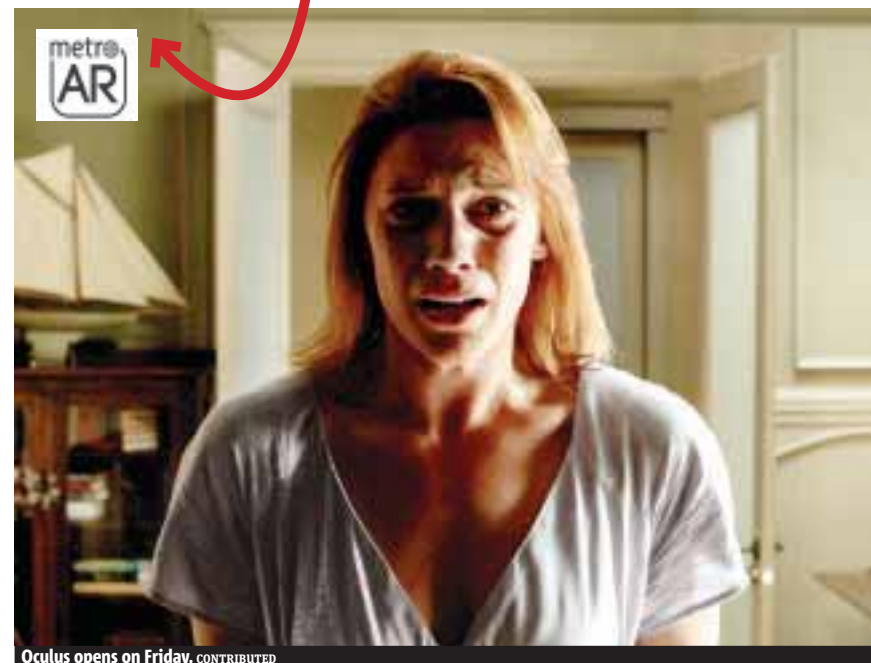
Mirror, mirror. The man behind Oculus can't figure out the origins of his fascination with the freaky

CHRIS ALEXANDER
scene@metronews.ca

The concept of a haunted mirror is nothing new in dark fantasy entertainment. Snow White's evil Queen took some not-so-sage advice from one, and horror films like The Boogeyman and Mirrors have also exploited the concept to varying effect. But the genre has never seen a looking glass as malevolent as the one that hangs on the wall in Mike Flanagan's much buzzed about creeper, Oculus.

Oculus is the followup to director Flanagan's unnerving low budget horror hit Absentia. And like that meticulously designed, grim fable, Oculus uses the supernatural to tell a story of domestic breakdown. In it, a brother and sister come together to destroy a monstrous antique mirror that they believe unleashed hell into their childhood.

The film is terrifying, mysterious and emotionally affecting — especially when dealing with the miseries of home — leading many viewers to question if the direc-



Oculus opens on Friday. CONTRIBUTED

tor's films are some kind of personal mirror themselves.

"Not at all," Flanagan chuckles.

"My childhood was very great. Probably the safest and most normal of middle-class military families. So I don't really know where all this comes from, because I kind of think of myself as a pretty happy-go-lucky guy and then people come out of the movies and say, 'What's wrong with you?'"

"Maybe watching and making movies are a playground to exorcise any demons that might be there.

Movies keep me happy, I guess."

There's nothing happy about Oculus, however. The film is most assuredly a tragedy, albeit one goosed by the gimmick of evil vanity portals and relentless dread. It's a master class in slow-burn atmosphere and craft, and yet nothing in Flanagan's extensive background even hints that such a deft filmmaker would ultimately emerge, so ripe is his resumé with quickie TV potboilers and tired reality shows.

"When I finished the short that Oculus was based on in

2005," says the filmmaker, "it was the first thing I was really proud of, the first thing that felt that there was a voice to it.

"Before that, I was jumping from one reality show to another and at the end of the day I felt I was contributing to making the world stupider.

"But that kind of work taught me a ton about editorial storytelling and informed me as a writer and editor and I'm ultimately really glad I had that background. Otherwise, I don't think I'd be where I am now."

Elaine Lui's mother really does know best

As the voice behind the hit Canadian blog *Laineygossip.com*, famed star watcher and TV personality Elaine Lui is revered for salty scrutiny and juicy scoops on all things celebrity. But with her new memoir — Listen to the Squawking Chicken: When a Mother Knows Best, What's a Daughter to Do? — the witty writer turns the analysis on herself and her relationship with her strong-willed mom, who parlayed a challenging childhood into a determined attitude that she imparted on her prolific daughter.

The indefatigable co-host of

CTV's daytime talk show The Social and reporter for entertainment program eTalk says she wrote the book for her mother, Judy Yeung. Yeung was recovering from a rare syndrome known as POEMS and Lui hoped it would give her something to look forward to. It wasn't until Lui read each chapter aloud for the audio book version that she realized the writing process — which up to that point had been more intensely technical than emotional — also had a big impact on herself.

"It was surreal because when I was reading it out loud

for the audio book, I was almost reading somebody else's book," Lui, 40, said. "It's a really weird, bizarre experience, and so that's when I started to appreciate my relationship with my mother from a weird angle."

One section in particular really hit her — the moment when she tells her ailing mother: "Your life has sucked over and over again. Where is the high that can balance out those lows?" to which her mother replies, "What the hell do you think you are? Every Tiger has a roar. You are my roar."

THE CANADIAN PRESS



Elaine Lui says reading the book she'd written about her relationship with her mother made her appreciate it from a different angle. THE CANADIAN PRESS

How a dog walk shaped Game of Thrones

Twist of fate.

Vancouver-based cinematographer went out for a stroll — little did he know it would turn into an Emmy

It was a fortuitous event involving a dog, a pilot and an old friend that got Canadian cinematographer Robert McLachlan behind the camera with Game of Thrones, the medieval fantasy series that has returned for a fourth season on HBO.

The long-time Vancouver resident was out walking the family pooch a year or so ago when he bumped into David Nutter, a Los Angeles-based director famed for his success at directing TV pilots. Nutter was in the city shooting the pilot for a new superhero adventure series, Arrow.

McLachlan, who has an extensive career in commercials, TV and feature films, had previously worked with Nutter on Millennium, the sci-fi series by X-Files creator Chris Carter.



A scene from the Game of Thrones episode The Rains of Castamere, more commonly known as the Red Wedding. Canadian Robert McLachlan was director of photography for the infamous episode. CONTRIBUTED

"I just jokingly said, 'Hey, get me on Game of Thrones, will ya?' And as it turned out, there was an opening," McLachlan recalled.

Not only did McLachlan get to work on the series that is wildly popular with critics and fans alike, he was director of photography for the final two

episodes of Season 3, including the infamous The Rains of Castamere — dubbed the Red Wedding episode by rabid fans — and the finale Mhysa, for which he received an Emmy nomination.

He told The Canadian Press he considers the Red Wedding his "pièce de résistance." "I

didn't want to telegraph that anything bad was going to happen. I wanted the audience to think they were going to get their Disney ending to the wedding scene and worked a lot of lighting cues into it to sort of lead the viewer astray so that when we pulled the rug out, they'd go down really hard."

Quoted

"Logistically, there's never been a television show that's come anywhere close to the scope or scale of this, or the complexity."

Cinematographer Robert McLachlan

McLachlan is also director of photography for two episodes in the much anticipated fourth season.

Game of Thrones is among the most ambitious series ever filmed, featuring a cast that numbered 257 in Season 3 as well as thousands of extras.

The series, which reportedly costs \$6 million an episode, regularly shoots in locations beyond its main studio space in Northern Ireland, including Iceland, Morocco and Croatia.

To say the least, the series is a major logistical challenge, McLachlan said.

"Normally on a series, one or at most two cinematographers will shoot the whole

series. That way, it's easy to keep some visual continuity," McLachlan noted. "On this series, it's so big and all 10 episodes (per season) shoot at the same time. So what they do is they team a cinematographer with a director and an assistant director ... and we shoot different bits of different episodes completely out of order and in many different places," McLachlan said.

"Logistically, there's never been a television show that's come anywhere close to the scope or scale of this, or the complexity."

Add to that a tight shooting schedule, limited to 10 hours a day in Northern Ireland, compared with 12 to 14 hours in most other jurisdictions.

"We had a huge scene to shoot in Croatia with thousands of dressed (costumed) extras and we had one day to do it. You really have to have your ducks in a row and be ready to roll once everybody is in place. It's pretty stressful. Mind you, it's also really exciting and inspiring," McLachlan said.

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James Franco ALL PHOTOS GETTY IMAGES

Franco has some 'splainin' to do after underage fan leaks his flirty DMs

James Franco is feeling more than a little red in the face after a 17-year-old Scottish girl leaked direct messages and texts from the 35-year-old actor as he tried to woo her during a recent visit to New York. "I'm embarrassed, and I guess I'm just a model of how social media is tricky," Franco said during a visit to Live! With Kelly and Michael when the incident came up. "It's a way people meet each other today. But what I learned because

I'm new to it is you don't know who's on the other end. I used bad judgment. I learned my lesson." The messages show Franco attempting to set up a meeting with the young woman, offering to rent himself a room in her hotel. "Not only do I have to go through the embarrassing rituals of meeting someone, sometimes if I do that then it gets published for the world, so no, it's doubly embarrassing," he said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Juan too many? Drinks tossed at ex-Bachelor

STARGAZING
Malene Arpe
scene@metronews.ca

This week in incoherent rage: 1) Fans of *How I Met Your Mother* lost their minds over the series finale. 2) Ex-Bachelor Juan Pablo Galavis had two drinks thrown at him at an Atlantic City club event. 3) Johnny Weir had a crying fit when told he has to sell his Fabergé egg so that the proceeds can be divided with his ex-husband.

Lindsay Lohan says she was this close to being

cast in the new *Avengers* movie. So they are adding the character of Lore-liar.

Halle Berry denies rumours she and husband Olivier Martinez are fighting and calls him "delicious." Holy coincidence! That's exactly what the leader of Terminus said about Rick Grimes.

This week in abject disappointment: 1) A woman spent some \$25,000 on six surgeries to make herself look like Jennifer Lawrence and ended up looking nothing like Jennifer Lawrence. 2) Kris Jenner will not pose naked for *Playboy*. 3) Elle Macpherson says her secret to looking great at 50 is "Love, laughter and my super greens." It's always kale, isn't it?



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Ariana Grande

Grande denies Sam & Cat fight over salaries with co-star McCurdy

Are Ariana Grande and Jennette McCurdy feuding? The writing is sort of on the wall: Despite being the most popular series on Nickelodeon, their show *Sam & Cat* has yet to receive a second season pickup, so something must be going on behind the scenes. The two young actresses, who both started out as second bananas on other Nick sitcoms, are at very different places in their careers

now: Grande is a rising pop star who's being positioned as the new pre-twerk Miley Cyrus, while McCurdy is, well, on *Sam & Cat*. Rumour has it that McCurdy is angry that Grande has a much higher salary than she does. Grande, however, has taken Twitter to deny that she and McCurdy are feuding over money — in fact, she says they make the same amount.

Depp crushes fantasies, claims he's no savage



Johnny Depp isn't taking rumours that fiancée Amber Heard might be knocked up lying down. Reports surfaced recently suggesting that the couple's sudden decision to marry was motivated by a baby on the way, but Depp himself seemed shocked by the idea when the "Today" show's Savannah Guthrie asked him about the rumour. "Good God, what do you think I am, a savage?" Depp responded. "No, it's not a shotgun affair."

Switch and bank chunk of change

Call to account. To save bucks, find a bank that suits your needs



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you still paying outrageous fees or settling for next to no interest on your bank accounts? Wuzzup with that? Loads of Canadians keep their money in A Big Bank, earning a pittance in interest and paying liberally for service. And some make matters worse by not managing their money properly so they're constantly in overdraft, bouncing cheques, or using banking machines like wallets and paying big-time for the "convenience."

When I ask people why they're willing to settle for 0.25 per cent in interest on their savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere, they tell me changing banks is such a hassle. "C'mon, Gail," they say, a whine in their voice, "all that work for such a lousy interest rate." So if you saw a \$20 bill sitting in the middle of the sidewalk you'd step over it?

Seriously, would you step over it?

One of the main reasons people won't switch accounts is laziness. It takes work to make the switch. If you have pre-authorized debits, it can feel like torture trying to get them all switched over. But if all that's standing between you and an account that pays decent interest without exorbitant fees is laziness, you don't have the right to complain about your bank ev-ah!



Make a list of the things you actually need on your bank account, like writing cheques, before you shop around. ISTOCK

Found your new bank? Follow these five steps to make the switch as painless as possible

- 1 Open the new account and get all the information you'll need like the account number, your branch number, and the like.** If you're using cheques, order some.
- 2 List your auto-transactions.** What's being automatically deposited or withdrawn from your old account? Look over your past few statements and make your list.
- 3 Reconcile your account.**

You have to account for every penny so you don't have any nasty surprises during the transition. Those six post-dated cheques to the music teacher will bounce sky-high if you close the account without telling her and replacing her cheques.

- 4 First switch over all deposits and then switch over the withdrawals.** That way there will be money in the new account when withdrawals start.

- 5 Leave the old account open for about two months with some money in it to catch any missing deposits or withdrawals.** Don't worry about the balance in the old account just sitting there wasting time. It's protecting you from the aggravation caused by a poor memory. Be patient and when there's been no activity for a month, consider yourself in the clear and close the old account.

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

Start by making a list of the things you actually need on your account. Do you write cheques? How often do you go to the banking machine? (If you're going more

than once a week, you're using the ATM as a wallet, so stop.) How many swipes of your debit card do you do in a month? Do you travel a lot and require easy, cheap

Branch out

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

access to your money when you're on the road?

Once you know the services you need, it's time to go shopping to compare prices and features. You can hit the pavement, let your fingers do the walking, or head on over to the Financial Consumer Agency of Canada's website and use the interactive tool to narrow down the alternatives.

Be honest about how you use your accounts. And know the difference between chequing accounts and savings accounts. Some banks have what they call a "chequing/savings." If all you need is a savings account (which is free) don't get talked into buying an account with features you might need with service charges you will pay.

Don't stay stuck using a bank account that doesn't serve your needs because of a sense of loyalty or because you're too bone lazy to make a change to a better option. You work hard for your money. You should expect your bank to treat it with respect. Don't settle. Demand a better deal and if you can't get it where you're currently banking, move your money.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

3

THE

"I don't see us having a future together."



When cash is part of the curriculum

The Work Colleges.

Institutions across the United States are tackling student debt woes by making working during school a requirement

Many students spend years after college working off tens of thousands of dollars in school debt. But at seven "Work Colleges" around the United States, students are required to work on campus as part of their studies — doing everything from landscaping, growing and cooking food to public relations and feeding farm animals — to pay off at least some of their tuition before they graduate.

The arrangement not only makes college more affordable for students who otherwise might not be able to go, it also gives them real-life experience, teaches them responsibility and how to work together, officials said.

"I love it," said Melissa Eckstrom, of Philadelphia, who is an assistant garden manager at Sterling College in Craftsbury, Vt., where she's studying sustainable agriculture.

"It's really satisfying to work in the garden and do all this hands-on, you know, dirty work — and I go to the kitchen and sit down for a meal and I'm like, I grew this. It can't get more full circle than that."

With rising college costs and a U.S. national student loan debt reaching more than \$1 trillion, "earning while learning" is becoming more appealing for



What would it mean to you — or what would it have meant — to graduate from post-secondary school without a penny owed? ISTOCK

some students. The work college program is different than the U.S. federal work study program, which is an optional voluntary program that offers funds for part-time jobs for needy students.

But at the seven so-called Work Colleges — Sterling College, Alice Lloyd College in Pippa Passes, Ky., Berea College in Berea, Ky., Blackburn College in Carlinville, Ill., College of the Ozarks in Lookout, Mo., Ecclesia

What does labour do for learners?

- The Work Colleges Consortium reports that 75 per cent of graduates agree their college work helped prepare them for their first job and 84 per cent said it helped them to get along with people with different attitudes and opinions. Seventy-five per cent of graduates agreed that their work experience helped them to understand the importance of service to others and 86 per cent said it helped them to appreciate the value and dignity of work, the consortium said.

We're all in this together

"No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job."

Robin Taffler
Executive director of the Work Colleges Consortium

College in Springdale, Ark., and Warren Wilson College in Asheville, N.C., — work is required and relied upon for the daily operation of the institution, no matter what the students' background. The students are then evaluated on their performance.

"It's a core component of the educational program," said Robin Taffler, executive director of the Work Colleges Consortium.

"It does not differentiate between those that can afford to pay for their education, from those that must work to cover their educa-

tional costs. And that's a big deal. No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job," she said.

Eckstrom works up to 100 hours a semester at \$11.10 an hour, so the pay helps with her school costs, she said. She also gets tuition credit for coming a week early for training before the start of the school year. "It's all very helpful," said Eckstrom, 23, who said she probably couldn't have afforded to attend a school like Sterling otherwise.

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'Round the world wisdom

The mess will be minimized when you start with the man in the mirror



LESSONS FROM THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Have you ever heard yourself whine or complain? We are all relatively intolerant of people who indulge in this behaviour, but how frequently do we

Comedy in the complaints

As I neared the end of this exercise, I could actually find humour in my whining, sometimes laughing out loud at myself. And then, the complaining just ... ceased.

look in the mirror and apply the same intolerance to ourselves?

During my preparation for the Gobi, I set up a "war room" and used a whiteboard to deconstruct all the components of my training regime, including a section to focus on my mental preparation and toughen up mentally. What showed up instead were all the grievances that were appearing as I trained. During the prep, more than one hundred complaints surfaced. I wrote them down for my family and me to see.

Over time, the intended outcome materialized: The

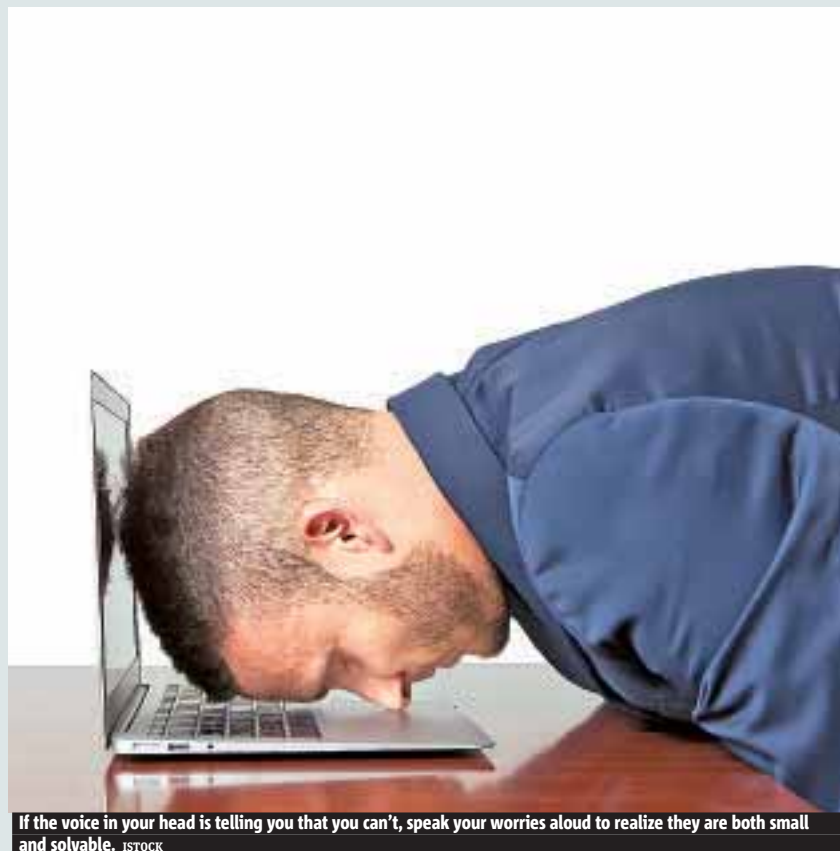
more I looked at the board, the more I got sick and tired of reading about a grown man complaining.

As I neared the end of this exercise, I could actually find humour in my whining, sometimes laughing out loud at myself.

And then, the complaining just ... ceased. If it reared its ugly head, I laughed, dismissed it and moved on rather than giving it any importance — or worse, giving it a life force that could derail me.

Any big project will invariably entail breakdowns along the way, including self-doubt and complaints. The key to overcoming these obstacles lies in our ability to bounce back, hopefully bounce forward, and over time, to lessen the frequency with which our very own unproductive "voice" comes calling. And few things are more powerful than looking in the mirror to deaden the voice.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



If the voice in your head is telling you that you can't, speak your worries aloud to realize they are both small and solvable. ISTOCK



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Salmon with Pesto and Cream Cheese: Start the week on a light dinner note



ROSE REISMAN

For more, visit
rosereisman.com or
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@rosereisman

If you want a new twist on serving your salmon, you've got it right here!

Serve up a tasty pesto cream cheese filling placed into a filet of salmon. It's attractive to look at and equally delicious.

I prefer to use homemade pesto, which has fewer calories and less fat than store-bought pesto. This pesto recipe makes more than what you will use for the salmon. You can keep it refrigerated or freeze it for later use. You can experiment with pesto and use a variety of herbs and leaves such as spinach, cilantro, baby kale or arugula.

To toast the pine nuts or almonds, just place a dry skillet over high heat, add the



This recipe serves six. ROSE REISMAN

Ingredients

- 1/4 cup low-fat cream cheese (about 2 oz), softened
- 2 tbsp pesto (homemade or store-bought)
- 1 1/2 lb salmon fillet, cut into 6 fillets (about 4 oz each)
- 2 tbsp toasted pine nuts (or chopped toasted almonds)

Pesto

- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese, softened
- 1 tsp finely chopped garlic
- 3 tbsp chicken stock
- 2 tbsp olive oil

FLASH FOOD



From your fridge
to your table in
30 minutes or less

nuts and stir often for about three minutes or until they are lightly browned.

It's always best to slightly undercook your salmon to retain the moisture. I like to always use the method of measuring the salmon at the thickest part. For every one

inch of thickness, stick to the rule of baking for 10 minutes at 425 F.

Directions

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and lightly coat with cooking spray.

2. Combine the cream cheese and 2 tbsp pesto in a small bowl until smooth. (If making pesto recipe above, puree all ingredients, remove the 2 tbsp for the filling and save the remainder

for a later use.)

3. Make a small vertical slit on the top of each salmon fillet to within 1/4 inch of each end and about 1/2-inch deep.

Stuff each fillet by dividing the pesto filling between the 6 fillets.

4. Place on prepared baking sheet and bake for 10 min-

utes per inch of thickness.

5. Garnish with 2 tbsp toasted nuts before serving. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving (salmon with one tablespoon of pesto)

- Calories. 282
- Carbohydrates. 16. g

- Fibre. 0.4 g
- Protein. 28 g
- Total fat. 16.9 g

- Saturated fat. 3.7 g
- Cholesterol. 79 mg
- Sodium. 130 mg

Vegetables show their fancy side

Crudités served with homemade ranch dressing are an attractive and perfect way for anyone to enjoy veggies.

Use any size of glass you prefer. I serve these at parties,

as appetizers or give them to children as a fun and nutritious snack.

Ranch dressing is traditionally high in fat and calories due to the excess oil

and mayonnaise. My version is light and creamy. If you don't want to buy buttermilk, simply create your own using a mixture of half a cup 2% milk with two tablespoons of

lemon juice and letting it sit for five minutes.

The recipe will keep in the refrigerator for up to three days.

1. Whisk mayonnaise, buttermilk, mustard, lemon juice, salt and pepper, garlic and sugar until combined.

2. Divide dressing among 4 or 6 cups. Divide and place vegetables upright into dressing. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe takes five minutes to prepare. ROSE REISMAN

Ingredients

- 1/3 cup reduced-fat mayonnaise
- 1/2 cup buttermilk
- 1 tsp Dijon mustard
- 4 tsp lemon juice

- Pinch of salt and pepper
- 1/2 tsp crushed garlic
- 1 1/2 tsp sugar
- 4 – 6 small plastic or glass cups

- Selection of cut vegetables such as carrots, string beans, grape tomatoes, zucchini, cauliflower, broccoli

NBA

Knicks crumble under weight of LeBron's 38

LeBron James scored 38 points, Mario Chalmers added 15 and the Miami Heat survived a three-point barrage from New York's J.R. Smith on the way to dealing the Knicks' playoff hopes a big blow with a 102-91 victory on Sunday.

Chris Bosh added 14 points and Ray Allen had 12 for the Heat.

THE ASSOCIATED PRESS

Premier League

Gerrard's pair lifts Liverpool to top of EPL; Arsenal falls

Steven Gerrard scored twice from the penalty spot as Liverpool stretched its Premier League winning streak to nine matches and returned to the top of the table with a 2-1 win at West Ham on Sunday, while Arsenal was dealt another blow by a top-five team in a 3-0 thrashing by Everton.

THE ASSOCIATED PRESS

Bahrain Grand Prix

Mercedes earns second 1-2 finish

Lewis Hamilton edged Mercedes teammate Nico Rosberg after an intense race-long duel to take victory by one second at the Bahrain Grand Prix on Sunday.

The two Mercedes were predictably in a different league to their rivals and recorded their second one-two finish in eight days after Hamilton's win in Malaysia. THE ASSOCIATED PRESS

Sabathia continues to crack Blue Jays

MLB. Yankees pitcher improves career mark vs. Toronto to 15-4 in rubber-match win

Yankees veteran CC Sabathia extended his mastery over Toronto on a day that saw young Jays right-hander Drew Hutchison pay for his lack of control.

Sabathia, in his 400th American League start, wobbled in the first and sixth innings, but retired 16 of 17 between the flashpoints to help New York to a 6-4 victory Sunday afternoon.

The six-foot-seven left-hander, who looks like he sleeps in his baggy uniform, improved his record at the Rogers Centre to 7-1 and his career mark against the Jays to 15-4. He gave up four runs on seven hits and struck out six in a six-inning, 93-pitch performance that featured 65 strikes.

"He threw great," said Yankees first baseman Kelly Johnson. "He mixed his pitches, he was in the zone, guys were off balance. That's a good sign."

"He got more and more confident and his stuff got even better as the game went on."

The Yankee win came in the rubber match of a three-game series. New York (3-3) returns to the Bronx for a nine-game homestand while Toronto (3-4) has a day off before hosting Houston.

"Today was just on me," said the 23-year-old Hutchison, who suffered his first Rogers Centre loss in six starts. "It was my loss."

Hutchison (1-1) lasted just 3



Brian Roberts of the New York Yankees gets the force out of Maicer Izturis at second base but cannot turn the double play in the first inning on Sunday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

1/3 innings. He struck out six but walked three and hit a batter with all four scoring.

In only his second big league start since returning from Tommy John surgery, he gave up six earned runs on six hits while throwing 78 pitches including 49 for strikes.

Toronto manager John Gibbons says Hutchison has been struggling of late, although he got away with it previously.

"He was high in the (strike) zone a lot. That's not who he is," said Gibbons. "He'll get back down there."

THE CANADIAN PRESS

Leaving his mark

Derek Jeter has taken over sole possession of eighth place on baseball's career hits list with a single in the fourth inning against the Blue Jays.

- The veteran shortstop grounded a one-out hit into right field Sunday, chasing Blue Jays starter Drew Hutchison.

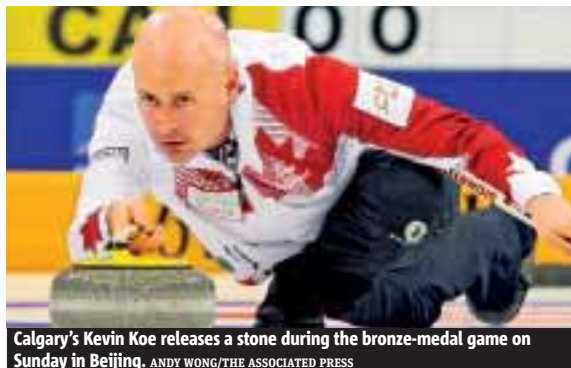
- It was the 3,320th hit of Jeter's career, moving him

past Hall of Famer Paul Molitor. Next on the list is Carl Yastrzemski, with 3,419.

- One inning earlier, Jeter tied Molitor with a leadoff single, a line drive to right.

- Jeter sat out Friday's series opener then went 0 for 2 with two walks Saturday. His previous hit was an RBI single in the fifth inning of Thursday's win at Houston.

Koe falls to 4th-place finish in Beijing



Calgary's Kevin Koe releases a stone during the bronze-medal game on Sunday in Beijing. ANDY WONG/THE ASSOCIATED PRESS

Canada's Kevin Koe had to settle for fourth place at the world men's curling championship after falling 7-5 to Switzerland in Sunday's bronze-medal match.

Koe's Calgary rink came into the 10th end down by three, but couldn't muster the comeback, scoring just a single point in the final end against the Swiss team.

Switzerland stole single points in the first two ends, and padded their lead with deuces in the sixth and ninth ends en route to the victory.

End of an era

"I'm proud of the guys. We had a great run."

Canada skip Kevin Koe

"We definitely didn't want to lose that game," said lead Nolan Thiessen. "But after yesterday, it was tough to get fired up. But no excuses. They played better than us."

Canada had two chances on Saturday to reach Sunday's gold-medal game, but fell short

to Norway's Thomas Ulsrud in the 1-2 Page playoff game, and then to Sweden's Oskar Eriksson in the semifinal. Ulsrud led from start to finish in defeating Sweden 8-3 to claim the gold.

"I thought we played well in the one-two game and the semi," said Koe. "We were very close. But in games like that where the other teams are playing well, you have to make the last shot of the end sometimes and we let our chances slip away."

THE CANADIAN PRESS



Head coach Kevin Ollie of the Connecticut Huskies reacts after calling a timeout during the Final Four semifinal against the Florida Gators on Saturday in Arlington, Texas. TOM PENNINGTON/GETTY IMAGES

UConn coach's odds of making finals lower than a perfect bracket

March Madness. Kevin Ollie made it from underachieving player to college hero through his thirst for knowledge

Kevin Ollie had talent.

No way of getting to the NBA without it. His just wasn't quite on the same level as the stars of his era.

So what Ollie did was make himself indispensable with his brain.

The point guard devoured information, pouring over scouting reports and game film, looking at tendencies and statistics. He was a natural leader, too, passing along what he knew to make his teammates, even his coaches better.

Despite his lack of natural

ability, NBA general managers kept signing him, 11 in all during a 13-year career that lasted until he was 37.

The lessons and the work ethic it took to learn them have taken Ollie a great distance in a short time as a coach: to Monday night's national championship game against Kentucky in his second year at UConn.

"I can tell you he is one of the wonderful people that I have come across in my life," said Kentucky coach John Calipari, an assistant coach

with the Philadelphia 76ers when Ollie played there.

"He was an unbelievable student of the game."

Ollie took an unconventional route to the NBA, working his way up after being undrafted out of UConn and playing in the Continental Basketball Association. Once he got to the NBA, Ollie stuck around because of his smarts, his character and the gritty tenaciousness of his game.

Ollie had an unlikely road to the national title game as well.

Despite a chance to work for the Oklahoma City Thunder in 2010, he opted to return to his alma mater and work as an assistant for Jim Calhoun.

Ollie learned under Calhoun for two years and was thrust into the spotlight when his former coach retired in 2012.

THE ASSOCIATED PRESS

Making do

"I needed to know exactly what was going to happen to make those five minutes meaningful."

UConn coach Kevin Ollie on maximizing his playing time during his NBA career

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Horoscopes

Aries

March 21 - April 20
You are about to embark on one of the best times of the year for ideas and communication. Are you ready? Anything of a creative nature will go well for you over the next few days.

Taurus

April 21 - May 21
Sometimes you can be a bit offhand in your attitude and the planets warn you need to be more respectful if you want to get ahead. In everything you do, try to work out how other people may take it.

Gemini

May 22 - June 21
Don't worry about your work and worry even less about your finances. Focus on having fun. Mercury, your ruler, moves in your favour today and that means you should be on the move as well.

Cancer

June 22 - July 23
Something you have been worrying about for ages will no longer bother you as from today. The situation itself may not have changed much but your attitude towards it has: you simply no longer care.

Leo

July 24 - Aug. 23
Get out and about. This is a great time to take the kind of break where you get away from routine matters and challenge yourself to have as much fun as is humanly possible — and that's a lot.

Virgo

Aug. 24 - Sept. 23
Need financial assistance? It's the time to ask. Loved ones will do what they can to help you out of a tricky situation but they will also want to be sure you learned your lesson.

Libra

Sept. 24 - Oct. 23
Where before there were misunderstandings, there will now be an awareness of how much certain people mean to you and why minor differences of opinion are of no importance at all.

Scorpio

Oct. 24 - Nov. 22
You need to recharge your physical, mental and emotional batteries, so don't make too many plans for the next few days. In fact, if you can find ways to pamper yourself or, go for it.

Sagittarius

Nov. 23 - Dec. 21
Don't worry if you're not feeling on top of the world because with mind planet Mercury joining the Sun in the most dynamic area of your chart it's just a matter of time before your mood improves.

Capricorn

Dec. 22 - Jan. 20
Remember the best way to get other people to agree with you is to appeal to them on an emotional level. Facts and figures are important but it's feelings that tip the balance.

Aquarius

Jan. 21 - Feb. 19
You'll find it easier to get your message across today and that's good because you have plenty to say. Your way with words will help persuade others that you know what you're talking about.

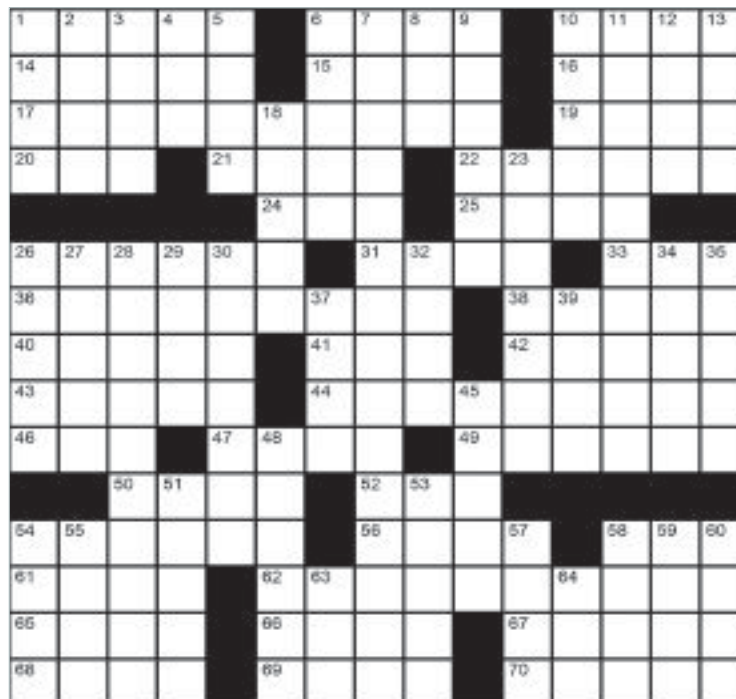
Pisces

Feb. 20 - March 20
Good news about your money situation will improve your mood. That doesn't mean you have an excuse for a spree. If you come into extra cash, pay what you owe. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. City in Quebec
6. ___ is me :(
10. "Dial ___ Murder" (1954)
14. Valley in Ontario depicted by The Group of Seven
15. "Go! Go! ...and Go!"
16. Singer Mr. Blacc
17. NFLD.: Peridotite rocks in Gros Morne National Park
19. Bereft, in poetry
20. I am. You ___
21. Ancient harp
22. Savvy
24. Purring pet
25. 2014
26. Materialize
31. Legal gig, __. DA
33. Caesar's 2050
36. Canadian actress/comedian born in St. John's, Newfoundland: 2 wds.
38. English actress Anna
40. "If ___ a Carpenter"
41. Ms. Hagen
42. Cartoon kid on "The Cleveland Show"
43. Sporty events
44. BC city
46. Pou ___ (Vantage point)
47. Undecided
49. Rented
50. Alaskan city
52. Volkswagen car, Jetta ___
54. Metric measures



56. Labels
58. Shania Twain's "Any ___ of Mine"
61. Shape sort
62. Consecutive spouse for, say, a Hollywood executive, predictably: 2 wds.
65. Kind
66. Mr. Ferrigno's
67. Purposes

68. Catches
69. French 101 verb
70. The ___; "What's Fair Is Fair" band from Nova Scotia
- Down**
1. Spying's Hari
2. Culture medium
3. Mr. Kaplan
4. Graduation bird
5. Highlander

6. Scarlett's surname
7. Ontario: Activity in Niagara-on-the-Lake because of the vineyards there: ___-___
8. Library ref.
9. Written works
10. Mediterranean island
11. They were owned by Canadian family

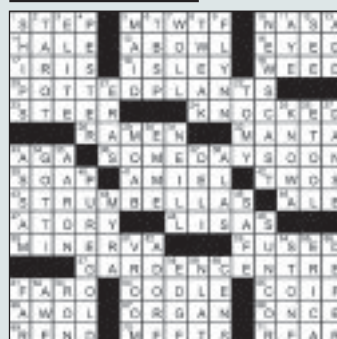
- The Ogilvies: 2 wds.
12. Certain cloud
13. Quebec singer Mr. Simard
18. Fitness fabric
23. Unconstrict: 2 wds.
26. Types of rulers [var. sp.]
27. Be a kitten. See a toy. Do this: ___ it.

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

28. Time in The New World before the Europeans
29. Jane ___ (Famous book)
30. Fantastic
32. Hoax
34. Type of disturbance
35. Andrew Webber link (Musicals composer)
37. Dylan's portrayal on "Beverly Hills, 90210"
39. Uncommon, in Latin
45. HMS Bounty: Captain ___
48. Mortar and ___ (Kitchen duo)
51. Heraldic wreaths
53. Expire
54. Shelley of "Cheers"
55. Jazz vocalist Ms. Anderson
57. Procedure, for short
58. Mr. Holmes, Canadian contractor
59. "___ Good Men" (1992)
60. Headland
63. Deteriorate
64. WWII part

Friday's Crossword

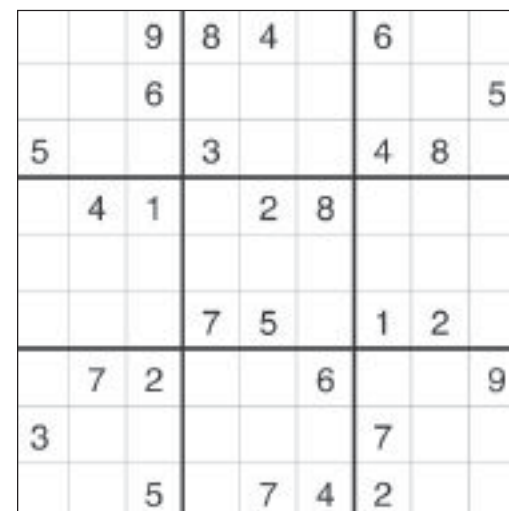
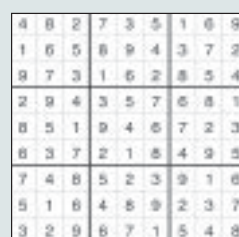


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 6°
MIN: -3°

TUESDAY



MAX: 10°
MIN: 1°

WEDNESDAY



MAX: 14°
MIN: 1°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



RECYCLING
REMEMBER

#1

When you're recycling
paper and boxes, fold and
flatten them to save space.

Make the break.
SimplyRecycle.ca

MMSM
Multi-Material
Stewardship Manitoba
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Where Fun...Meets Adventure
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CALL NOW

**“I’m just not
into you
anymore.”**



**RECYCLING
REMINDER**

#3

Recycling happens in more
places than your kitchen.
Don't forget about your
bathroom and laundry
room too.

Make the break.
SimplyRecycle.ca

MMSM
Multi-Material
Stewardship Manitoba
INDUSTRY FUNDING RECYCLING